

## Carlsbad Senior Center • 799 Pine Avenue • 760-602-4650

**Activities and times are subject to change.** Call the Senior Center at 760-602-4650 for more information, or visit [www.carlsbadca.gov](http://www.carlsbadca.gov), click on Adults 50+ for a current activities calendar.

### Arts & Crafts

**Needlecraft:** Come socialize with others while working on your own project, or you may choose to make hats, scarves, and blankets for all ages for a charitable organization of your choice. Help is available to get you started if you need assistance. Tuesdays, 8-11 am.

### Computer Room

*Also see Computer Class listings on following pages.*

**Open Lab:** Hours vary; current schedule available at Senior Center front desk or call 760-602-4650 for more information. Volunteers are available to assist with computer usage. Free.

**PC Users Group:** Meetings on 2nd, 3rd and 4th Thursdays from 1-3 pm. Free.

### Dance ♥

**Line Dancing:** Have fun learning choreographed dances to all types of rhythms such as rumba, cha cha, swing, tango, and polka. No partners necessary.

**Beginner:** Mondays, 12:30-2 pm

**Intermediate/Advanced:** Tuesdays, 9:30-11:30 am

**Ballroom Dance Lessons:** You will learn formal dancing in dances such as the foxtrot, quickstep, and waltz. No partners are necessary. Resumes Thursday, May 3. Thursdays, 10:30-11:30 am. No partners are necessary.

**Hawaiian Dance:** Come and learn the charming dances of Hawaii both modern and ancient. As a beginner, you will learn the steps first, then the arms and then slowly learn a dance. The atmosphere is friendly, warm and loving.

**Beginning/Intermediate:** Wednesdays, 2-4:30 pm

**Intermediate/Advanced:** Fridays, 12:45-2:30 pm

**Middle Eastern Belly Dance for Seniors:** Learn basic moves, combinations and choreography in this fun and low-impact way to get fit, stay active and bring out your inner spirit! Wednesdays, 12:30-1:30pm Starting Jan. 2.

**Spanish Flamenco Dance:** Nicki Vaccar, who has studied in Spain, brings the flavor of Spain to Carlsbad. Swish your skirt, stomp your feet, clap your hands and bring an attitude. Arms, hands and castanet introduction. Fridays, 9:15-10:15 a.m.

*See also Dances under Social Gatherings.*

### Fitness ♥

**Fitness Room:** Memberships include an orientation session. Annual, quarterly, monthly and day use rates are available. Visit the Senior Center front desk to sign up.

**Laughter Yoga:** Stretching, breathing and laughing exercises that enhance relaxation and health. Enjoy "laughter for no reason!" Thursdays, 10:30-11:30 am.

### Games

**Bingo:** Tuesdays, 12:30-4 pm. Doors open at 12:30 pm. Play for cash prizes. Bingo Game Packets stop selling at 1 pm. Games begin at 1:15 pm. Sponsored by the Carlsbad Senior Citizens Association.

**Chess:** Tuesdays, 1-4 pm

**Mah Jongg:** Tuesdays, 8 am-12 noon and Wednesdays, 12:30-4:30 pm

**Party Bridge:** Fridays, 12:30-4 pm. Seating is limited to first come, first served. 50¢ fee per game.

**Ping Pong:** Tuesdays and Fridays, 12:30-4 pm

**Pinochle:** Wednesdays, 12:30-4:30 pm

**Scrabble:** Wednesdays, 12:30-4:30 pm

**Wii Games:** 1st Thursdays, 1-3 pm

**Please check in Enrichment  
Adult Dance, Fitness and  
Specialty sections for more  
Adults 50+ classes.**

Activities and classes with ♥ offer a health and wellness benefit to the participant.

**Current class schedules and other activities can be found in our monthly newsletter, online at [www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec), or by calling 760-602-4650.**

## Hobbies & Personal Enrichment

**Audiomobile:** A traveling audio library that plays nostalgic radio programs for your listening enjoyment. Thursdays, 10 am-12 pm.

**Book Club:** 2nd Mondays, 1-2:30 pm.

**Digital Photo and iPad Classes:** Check newsletter for details. 3rd and 4th Wednesdays, 10-11 am and 1-2 pm.

**Discussion Group:** Catch yourself talking back to the radio or the TV? This is an opportunity to get to know others, and stay informed on various topics of interest. 1st, 3rd and 5th Fridays, 9-11 am.

**Five-in-One-Joy Class:** The class will teach the true meaning of joy that comes from both inner peace and physical wellness. The five elements are: flower design, high tea, silence, classical music, and micro muscle manipulation. Wednesdays, 9:30-11 am.

**History Group:** Share your enthusiasm and love for history with area residents; be it Military history, World history or history of individuals and events! 2nd Thursdays, 1-2:30 pm.

**Primordial Sound Meditation:** Mondays, 9:30-10:30 am. (Intro session, 9-9:30 am). A powerful practice for moving beyond the mind's constant stream of thoughts into the stillness of pure awareness, enabling you to let go of stress and enter a state of deep restful awareness.

**Senior Readers Theater:** Readers Theater is telling stories using a script. No need to memorize your part. **Meets onsite** 1st and 3rd Mondays, 1 to 3 p.m. Call 760-602-4650 for more information.

### Spanish Classes:

**Level I:** for newcomers and beginners, emphasis on pronunciation, diction and grammar. Mondays, 9-10 am

**Level II:** for intermediate students, focus on advanced grammar and sentence structure. Mondays, 10-11am.

**Level III:** for advanced students, features reading and conversation. Mondays, 11 am-12 noon.

**Stamp Collectors:** Trade, talk stamps, show and tell and learn stamp values. Open to all philatelists; new and experienced. 2nd Fridays, 10:30 am-12 noon.

**Writers Group:** The Writers Group attendees write stories about family history, WWII adventures, childhood memories, and business experiences. Members may choose to share their stories and have them critiqued. Mondays, 9-11 am.

**Writing Our Lives:** Tuesdays, 1-4 pm. Use life stories, our memories as springboards to tell our stories. Students will participate in a series of timed writings from prompts designed to help them remember and share specific memories. Drop-ins welcome.

## Professional Services

Call 760-602-4650 for details on any of the programs below. All services free, until otherwise indicated.

**AARP Driving:** Emphasizes how to adjust your driving in response to aging. Each two-class session costs \$12/AARP members, \$14/non-AARP members. 3rd and 4th Thursdays. Call for a reservation.

**Blood Pressure Screening:** Tuesdays, 8:30-11 am.

**Hearing Screening:** 1st Wednesdays, 9:30-10:30 am

**HICAP Health Insurance Counseling:** Tuesdays and Fridays. Reservations required; call 800-434-0222 for an appointment.

**Individual Dietary Planning:** 1st Thursday, 9:30-11:30 am. Call for an appointment with a registered dietitian.

**Legal Services:** Call for appointment; 760-439-2535 x 205.

**Transportation:** Available for shopping and medical appointments for Carlsbad residents, age 60 and up, who can no longer drive. \$2 each way requested donation. Reservations required.

**VA Assistance:** Learn information about eligibility and benefits available through the Veterans Administration and the CA Dept. of Veterans' Affairs. Free. Last Tuesday of each month, 9 a.m. to 12 p.m.

**Vision Screening:** Quarterly. Dates will be posted in our newsletter and on our website.

## Social Gatherings

**Congregate Lunch:** Delicious and nutritious, privately catered meals with friends. Monday-Friday, 11:45 am-12:30 pm for ages 60 and up. Reservations must be made by 8 am on the date you wish to dine by calling 760-602-4655. Lunch served promptly at noon, a \$3.50 donation is appreciated. Guests under age 60 accompanying a senior may dine for \$5 per person. Transportation is provided for Carlsbad residents ages 60 and up. Home meal delivery is available for homebound Carlsbad seniors; \$4 donation per meal. Call 760-602-4650 for information on home meal delivery, or to volunteer.

**Dances:** 1st Thursdays, 1:30 pm. Live Big Band music and refreshments. \$4.

**Armchair Theatre:** 3rd Tuesdays, 1 pm.

**Monthly Movies:** 2nd Thursdays, 1 pm. Free popcorn!